

## Inside



Sam Rockwell does the voice-over for the character of Darwin in G-Force. **B4**

## Education

**USAFE/USAREUR Testing** — The Force Development Flight is now administering to Active Duty Members a Germany Drivers License exam before PCSing. You must be at least 18 years old, provide a memorandum from DDF, have a current US drivers license and be within 60 days of your RNLTD. The online exam can only be taken twice-no exceptions. Schedule your exam appointment for a Monday at 8 a.m. or a Thursday at 1 p.m., in Hangar 2 by e-mailing 15mss.dpe@hickam.af.mil.

**Troops to Teachers Presentation** — A local representative will be available 11:30 a.m.-1:30 p.m., Sept. 8, in Hangar 2, Rm. 102. No appointment required. Plan approximately 1.5 hours for the presentation. Contact the Force Development Flight at 15mss.dpe@hickam.af.mil

**Commissioning Briefing** — Will be held at 1:30, Sept. 11, in Hangar 2, Room 126. This is the starting point for active duty enlisted AF members interested in becoming a commissioned Air Force officer. Contact the Force Development Flight via e-mail 15mss.dpe@hickam.af.mil or call 449-6363 to sign up for the briefing. Plan approximately 1.5 hours for the briefing.

**Language To Go** — The Force Development Flight can now lend out to Active Duty Members three different language programs — Persian-Farsi, Afghanistan-Pashto and Chinese-Mandarin. You will be able to borrow for two weeks a MP3 with the language program. We're located in Hangar 2, Room 103 or you may email 15mss.dpe@hickam.af.mil.

**DSST-Principles of Public Speaking** — Speech exams are offered on Wednesdays with the time alternating weekly between 8 a.m. and 1 p.m. Students can schedule to take an exam via e-mail at 15mss.dpe@hickam.af.mil (include name, last 4 of SSN). Results currently take approximately 10 weeks to get back. Exam is not scored locally.



Photos by Senior Airman Gustavo Gonzales

**Staff Sgt. Kimberly Lawrence, NCOIC of Adverse Actions for the HAF Military Justice section, pours over legal guidelines in the Woodring Law Center courtroom as part of her duties as a paralegal for the base. Staff Sergeant Lawrence, a 12-year veteran of the Air Force and single mother of two, intends to continue her education to prepare her for law school or a career in business management.**

## WARRIOR of the week

By Mark Doyle  
Hickam Kukini Editor

HICKAM AIR FORCE BASE — She's a young, experienced, driven, single mother of two who knows the law. And she's just getting started.

For Staff Sgt. Kimberly Lawrence, NCOIC of Adverse

Actions for the HAF Military Justice section, her 12 years in the Air Force have already allowed her to retrain herself as a top-notch paralegal professional, and she hopes the remainder of her time in the military will help her continue her education into either law school or a second career in business management.

"My father was NYPD, and I

was always interested in what he was doing," Staff Sergeant Lawrence said a few days after being selected as this week's Warrior of the Week. "When I first joined the Air Force, I wanted to be a cop — I loved the investigation part of a case. Then I realized I liked to see the whole lifecycle of a case. So, I retrained as a paralegal." According to Col. Karen Kinlin,

staff judge advocate for the Military Justice section, Staff Sergeant Lawrence is not only well trained in her chosen profession, she also is capable of tackling anything the Air Force throws at her.

"There is no task she can't handle no matter what the subject," Colonel Kinlin said. "One of the biggest advantages she brings to this job is wealth of knowledge and experience as a paralegal. Staff Sergeant Lawrence has had a major impact on our paralegal training program by improving it and ensuring all receive top-notch, timely training."

Staff Sergeant Lawrence recently provided an in-depth training session for Team Hickam commanders and First Sergeants by outlining the administrative discharge process, Col. Kinlin said. She will soon be deployed to use her legal skills on issues ranging from Rules of Engagement to the administration of the UCMJ, he added.

In addition to enabling her to further her education, the Air Force appears to have instilled some natural maturity in Staff Sergeant Lawrence, as well.

"I've certainly become calmer and more patient since joining the Air Force, although I believe my two daughters have had a lot to do with that," she said, referring to Ariana, 9, and Jessica, 7. "Since joining the Air Force, every decision I make is with my daughters in mind. Prior to that, it was just all about me."

After three years stationed in Alaska, Staff Sergeant Lawrence and her girls moved to Hickam a year ago and are still enjoying Hawaii's warm sunshine. Who knows where they'll be in the future — Europe maybe, where Staff Sergeant Lawrence hopes she can be stationed so her daughters can experience yet another culture.

"In five years, I hope to be working on my Master's degree," she said. "In 10 years, my last daughter will be starting college, and I'll probably have a huge party!"

## Man of steel is also a man of war

by Capt. Hien Q. Vu  
Space and Missile Systems Center  
Public Affairs

LOS ANGELES AIR FORCE BASE, Calif. — Legend has it that Hercules, son of mortal woman Alcmene and Greek god Zeus, was born with the mental courage and physical strength that helped him accomplish the mythically famous 12 labors. His statuesque figure, seen in countless illustrations and storybooks, is ripped with brute muscles and exudes invincibility.

Hercules' physique inspires today's many bodybuilders, who adhere to rigorous training regimens to look like him. A few are even inspired by the hero's courageous feats of slaying a dragon or capturing the underworld's vicious three-headed dog Cerberus in creating a legacy of their own.

Pacific Air Forces has its version of a modern-day Hercules in Lt. Col. Joseph Yezzi, chief of Intelligence Analysis and Engagement Division. Born and raised in Pittsburgh, Pa., Colonel Yezzi is an avid amateur bodybuilder who has won or placed in the top five in many competitions and received honors recognized by his peers and professionals. He also is a warrior in its literal sense, having been battle-tested in combat zones.

A 19-year veteran in the intelligence community, Colonel Yezzi has deployed three times in the last six years in support of Air Force Special Operations Forces and U.S. Special Operations Command in Iraq and Afghanistan. As recently as last

year, his team directed all intelligence, surveillance and reconnaissance activities, which consisted of both manned and unmanned aircraft, over Afghanistan for six months. Colonel Yezzi attributed his workout routine to surviving the tough 18-hour day schedule.

"It is virtually impossible to be discretionary about diet in such situations," he mentioned. "However, the military certainly instills a discipline factor that counteracts the negative aspect by reinforcing and practically teaching time management and priorities."

The former Air Force Academy graduate began his weight training when he was still in high school. Collegiate sports and Air Force fitness standards reinforce his passion for bodybuilding. To Colonel Yezzi, physical training is a way of life.

"Physical fitness is derived from mental toughness and commitment," he said. "It's just a matter of desire and attitude. Conversely, once you become tough physically, you'll become confident in your mind."

Yet his hard work in the gym shows. Competing on and off since 1994, Colonel Yezzi has garnered several top finishes in local amateur bodybuilding shows in Hawaii, Guam and California. He won the 2009 Masters Lightweight Division in the Hawaiian Isles Bodybuilding Championships.

Most recently, Colonel Yezzi's second place in the Lightweight Unlimited Pacific USA Natural competition on Aug. 15, held in Anaheim, Calif., earned him a



U.S. Air Force photo/Alba S. Copeland

**ANAHEIM, Calif. — Lt. Col. Joe Yezzi, chief, PACAF A2A, Intel Analysis, poses just prior to judging during the Pacific-USA/ Western All Forces Bodybuilding competition here Aug. 15. Competing on and off since 1994, Colonel Yezzi has garnered several top finishes in local amateur bodybuilding shows in Hawaii, Guam and California. He won the 2009 Masters Lightweight Division in the Hawaiian Isles Bodybuilding Championships.**

two-year qualification to compete at the Team Universe Championships, a national-level bodybuilding competition that potentially qualifies competitors for the professional status in the International Federation of Bodybuilders.

"My goals do not include titles

or professional status," he said. "I simply want to achieve my best muscle mass, proportion and health for the long term. I am physically and spiritually into weightlifting. I wish to be an example for my son, younger military members and myself as I get older."





Hickam Air Force Base  
presents

# Wings Over the Pacific

## OPEN HOUSE

September 19-20  
Gates open at 10 a.m.

Featuring aerial  
demonstrations by the world famous  
**USAF Thunderbirds!**



- This event is open to the public with free admission.
- See vintage and modern aircraft displays and Army, Navy and Marine military displays. There will also be live entertainment, food, prize giveaways and more!
- Parking available on base.

Sponsored in part by:



















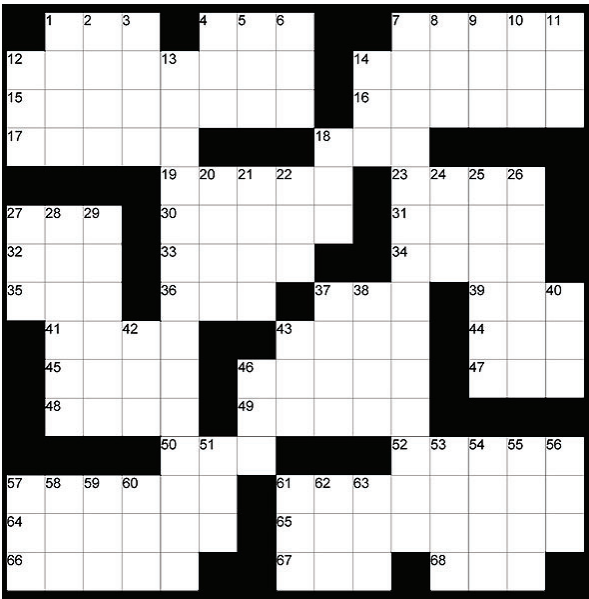







No Federal endorsement of sponsors intended. Please drink responsibly.

Crossword Puzzle: 12 O'clock High



By Capt. Tony Wickman  
USAFE PUBLIC AFFAIRS

ACROSS

- 1. USAF Total Force component
- 4. \_\_\_\_-Magnon
- 7. Skips a meal
- 12. Reliable person for a task
- 14. Bring out
- 15. Able to conform
- 16. Reporter's ID
- 17. Discourage
- 18. Japanese sash
- 19. Prior
- 23. Joint
- 27. Snaking letter
- 30. Amphibian
- 31. Female pal
- 32. Federer's org.
- 33. Ye \_\_\_\_ Shoppe
- 34. Diet target
- 35. Cycle or angle prefix
- 36. Enemy

- 37. Mil. overseas address
- 39. In \_\_\_\_ We Trust
- 41. A Guthrie
- 43. Caliph
- 44. Possess
- 45. Dock
- 46. Name for OSI member
- 47. US cryptologic org.
- 48. Editor mark
- 49. Recluse
- 50. Fink
- 52. Editorial
- 57. B-1
- 61. \_\_\_\_, \_\_\_\_ and Cyberspace; USAF core expertise areas
- 64. Wake
- 65. Submits
- 66. Current SECDEF
- 67. Mass. Senator Kennedy
- 68. \_\_\_\_ Moines

DOWN

- 1. Gen.'s assistant
- 2. Pest

- 3. Ready
- 4. Greek letter
- 5. Gun the motor
- 6. Mining lode
- 7. B-17
- 8. Sick
- 9. \_\_\_\_-fi; movie genre
- 10. Periodic Table Sn
- 11. Sault \_\_\_\_ Marie
- 12. Craze
- 13. B-52
- 14. Wane
- 18. USAF commissioning source
- 20. B-18
- 21. Command
- 22. Lyrical poem
- 24. Engine need
- 25. B-23
- 26. Arm joints
- 27. Dine
- 28. Moving company needs
- 29. B-2
- 37. Prayer closer
- 38. Soft wood
- 40. Genetic carrier
- 42. Confederate general
- 43. Self-importance
- 46. Actress/model Carol
- 51. \_\_\_\_ We There Yet?
- 53. Raced
- 54. Rational
- 55. Performs
- 56. Affirmative
- 57. Fall behind
- 58. Notre Dame legend Parseghian
- 59. To be or \_\_\_\_ to be ...
- 60. Signal
- 61. Given
- 62. Fury
- 63. \_\_\_\_ Sea

SUDOKU: FOR SOLUTIONS, SEE SUDOKU, B5

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	7	1		8	3			

Team Hickam History  
The Air Force's most historic airfield

**August 28, 1952** — The first Women in the Air Force (WAF) attendant to fly the Pacific Airlift between Hickam and Haneda (Japan), A/2C Irene Grandchamps of 49th Air Transport Squadron, leaves Hickam aboard a MATS Pacific Division (PACD) C-97 Stratofreighter, and returns six days later. The pioneer flight attendant carried cargo westbound, and returned with air evacuees.



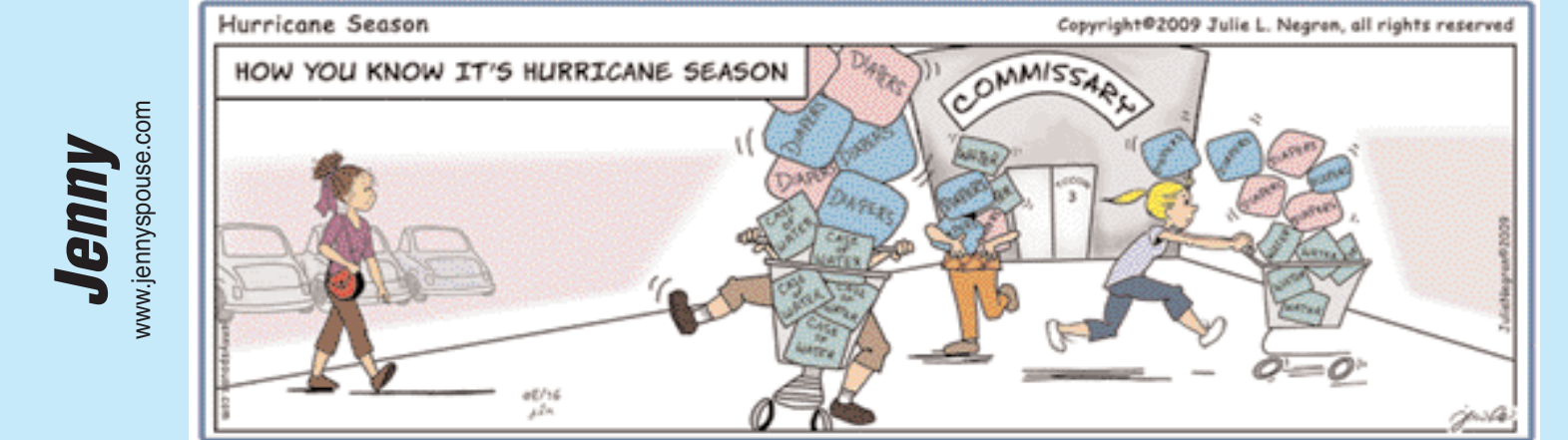
**August 29, 1950** — Under "Operation Blood Plasma" the first shipments of whole blood from the Mainland U. S. destined for Korea arrive at Hickam AFB. The 1500th Air Traffic Squadron was responsible for re-icing these shipments upon arrival and again upon departure, with

ice furnished by the ice plant at Schofield Barracks.

**August 29, 2003** — F-16 strike fighters from the 182nd Fighter Squadron, Kelly Field, Texas, joined 25th Infantry Division (Light) elements for a Sentry Strike joint close air support (CAS) exercise planned and executed by the 25 ASOS.

**August 30, 1984** — The Hickam Family Support Center officially begins its operation, becoming the 35th and newest Family Support Center in the USAF. The FSC held its grand opening Nov. 16, 1984, in Bldg. 1105. On Nov. 28, 1984, the FSC became a separate staff activity and reporting directly to the Wing Commander.

RELIGIOUS OPPORTUNITIES				
For more information on Base Chapel services , call the Chapel Center at 449-1754. After hours emergency Duty Chaplain via Command Post: 448-6900.				
<b>CATHOLIC</b> Nelles Chapel Weekday Mass Mon.-Thurs., 11:30 a.m. Saturday Confessions 4:15 p.m. Saturday Vigil Mass 5 p.m. Chapel Center Sunday Mass 10:30 a.m.	<b>PROTESTANT</b> Chapel Center Sunday Contemporary Service 8:30 a.m. Nelles Chapel Traditional/Liturgical Service 8:30 a.m. Gospel Service 10:30 a.m.	<b>OTHER RELIGIOUS OPPORTUNITIES</b> Buddhist, call 536-7044 Jewish, call 473-3970 Mormon, call 488-2434 Muslim, call 947-0050	(Protestant) Chapel Center Sunday (Sept.-May) AWANA 3:00 p.m. Wednesday Sunday School Dinner 4:45 p.m. Wednesday Sunday School Classes 6:00 p.m	King Hall First Floor Dayroom – Bldg. 1856. All Airmen welcome! Mon.-Thurs. 6-10 p.m. Fri.-Sat. 6-11 p.m. Free gourmet espresso, cappuccinos, Italian sodas, Video games, internet, movies and more Dinners every Tuesday at 6 p.m. To Volunteer, call the Hickam Chapel Center at 449-1754
<b>RELIGIOUS EDUCATION</b> (Catholic) Chapel Center Sunday (Sept.-May) 9:00 a.m.			<b>THE GATHERING PLACE</b> Airmen’s Dorm Coffeehouse	



AT THE MOVIES

Memorial Theater 448-2297 • CLOSED Monday and Tuesday

**G-FORCE**  
Nicholas Cage, Penelope Cruz

Armed with the latest high-tech spy equipment, highly trained guinea pigs discover that the fate of the world is in their paws. Along the way, G-Force, a team of trained secret agent guinea pigs, encounters a myriad of other members of the animal kingdom.

Rated PG (mild action, rude humor) 90 min.



**THE COLLECTOR**  
Josh Stewart, Madeline Zima

Desperate for money to pay off a debt, a man targets a wealthy family’s home and plans to break in and steal a valuable gem. He soon learns that he picked the wrong night to carry out his plans, for a masked madman has gotten there first, imprisoned the family and lined the mansion with deadly traps.

Rated R (pervasive sadistic bloody violence, language and some sexuality/nudity 85 min.







**An itch and a scratch- Psoriasis Basics**

**By Dr. Jack Smith**

Acting Deputy Assistant Secretary of Defense for Clinical and Program Policy and Acting Chief Medical Officer, TRICARE Management Activity

A small itch can be irritating, but a big itch can be downright painful. August has been Psoriasis Awareness Month, and TRICARE wants to make sure beneficiaries know more about the symptoms and treatment of Psoriasis.

Psoriasis is a relatively common skin disease driven by the immune system that causes skin irritation and redness. New skin cells usually rise to the surface once a month, but psoriasis causes the skin to grow eight times faster than normal and the dead skin cells build up on the skin. The dead skin forms thick red patches that are covered with flaky, white dead skin cells.

An estimated 7.5 million American have psoriasis, according to the National Institutes of Health. Psoriasis may affect skin anywhere on the body and is not known to be contagious. It can affect people of any age, but normally begins between 15 and 35.

Mild psoriasis is normally successfully treated with medications that can be applied at home such as creams, moisturizers and ointments. In severe or complicated cases, hospital stays or medicines to suppress the immune system may be required.

There is no cure for psoriasis, but for some sufferers symptoms may disappear for years while others may have flare-ups every few weeks. Beneficiaries dealing with psoriasis need to be aware of and if possible avoid these conditions that may trigger or worsen an attack: dry air or dry skin, insect bites, sunburn, bacterial or viral infections, and stress.

Approximately 13 percent of people with psoriasis develop psoriatic arthritis, a condition that causes pain, joint stiffness and swelling. Psoriatic arthritis symptoms may be similar to other forms of arthritis. Unlike rheumatoid arthritis, however, it doesn't affect the other internal organs in the body.

Skin irritation and rashes should not be taken lightly. Get checked out by your primary care manager if a skin problem lasts for more than a few days.

Learn more about psoriasis at [http://www.niams.nih.gov/Health\\_Info/Psoriasis](http://www.niams.nih.gov/Health_Info/Psoriasis).

**SERVICES, From B2**



**Camping and Movie on the Beach**

Outdoor Recreation  
Sept. 4, 4 p.m. – Sept. 5, 9 a.m.  
Cost: \$10 for campsite

Take the family camping and enjoy a movie on the beach at Hickam Harbor. Call 449-5215 for reservations.

**Splashtacular at Hickam Harbor**

Outdoor Recreation  
Sept. 5, 11 a.m.-4 p.m.  
Free

Enjoy the beach fun at the Splashtacular at Hickam Beach. The event is free and offers inflatable games for kids, sailing rides, tide pool explorations and Hickam Harbor boat tours. For more information, call 449-5215.

Uptown Saturday Night

**J.R. Rockers/Enlisted Club**

Sept. 5, 9 p.m.-2 a.m.

Enjoy the best music from the 70's, 80's and 90's played by DJ Doc J at the Uptown Saturday Night.

Check out the great food and prices on the J.R. Rockers "After Dark" menu serving until 1 a.m. Call 448-2271, Ext. 227 for information.

**Labor Day Pre-Holiday Celebration**

Enlisted Club  
Sept. 6, 9 p.m.-2 a.m.  
Cost: Free for club members; \$7 for non-members

Dress to impress for the Labor Day Pre-Holiday Party. For more information, call 448-2271.

Tailgate Sale  
Burger King parking lot  
Sept. 5, 7-10 a.m.  
Cost: \$10 per stall

Want to get rid of those extra items around the house? Come to the bi-monthly tailgate sales at the Burger King parking lot. Reserve your stall at the Makai Recreation Center. For details, call 449-3354.

**Labor Day Weekend Blast on the Big Island**

Information, Tickets & Travel  
Sept. 5-7  
Cost: \$575 per person based on double occupancy  
Tour the Big Island and see the volcano lava flowing in the evening on an escorted tour with the Information, Tickets & Travel staff. Tour includes round-trip airfare, bus tours and two-night stay at Kilauea Military Camp (KMC). For reservations, call 448-2295.

**SOLUTIONS, From B3**

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**SUDOKU, From B3**

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